

**Report Date:** 12 Aug 2014

**Summary Report for Individual Task**  
**805P-COM-1110**  
**Perform Conditioning Drill 2 (CD2)**  
**Status: Approved**

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**Distribution Restriction:** Approved for public release; distribution is unlimited.

**Destruction Notice:** None

**Foreign Disclosure: FD5** - This product/publication has been reviewed by the product developers in coordination with the Ft Jackson, SC foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.

**Condition:** Given a Physical Readiness Training (PRT) area, approved PRT plan, PRT Instructor, in a uniform designated by the PRT Instructor during scheduled unit PRT. Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

**Standard:** Perform Conditioning Drill 2, completing all the prescribed exercises so each exercise is performed:

- (1) in the proper sequence.
- (2) using movements precisely as described.
- (3) using the correct cadence.
- (4) without causing injury to personnel.
- (5) in accordance with FM 7-22, Chapter 9.

**Special Condition:** None

**Safety Risk:** Low

**MOPP 4:** N/A

<b>Task Statements</b>
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**Cue:** None

## **DANGER**

Sudden cardiac event could occur during the execution of this drill. Unit chain of command should be aware of Soldiers that have self-reported previous cardiac injury and/or Soldiers requiring over-40 screening.

## **WARNING**

- Injury may occur from improper execution of exercises in this PRT drill. It is important that each exercise in this drill be executed IAW FM 7-22.
- Dehydration may occur in Soldiers not properly hydrated. Proper hydration needs to be monitored by the unit leadership and PRT Instructor.
- Heat or Cold Weather injuries may occur in Soldiers not properly acclimated and/or trained. Unit leadership and PRT Instructor need to monitor as per their Deliberate Risk Assessment.

## **CAUTION**

Conduct visual reconnaissance of training area before execution of this drill.

**Remarks:** None

**Notes:** None



### Performance Steps

1. Exercise 1: Perform the Turn and Lunge IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: When changing directions on all counts, the lead foot steps and the rear foot pivoted.

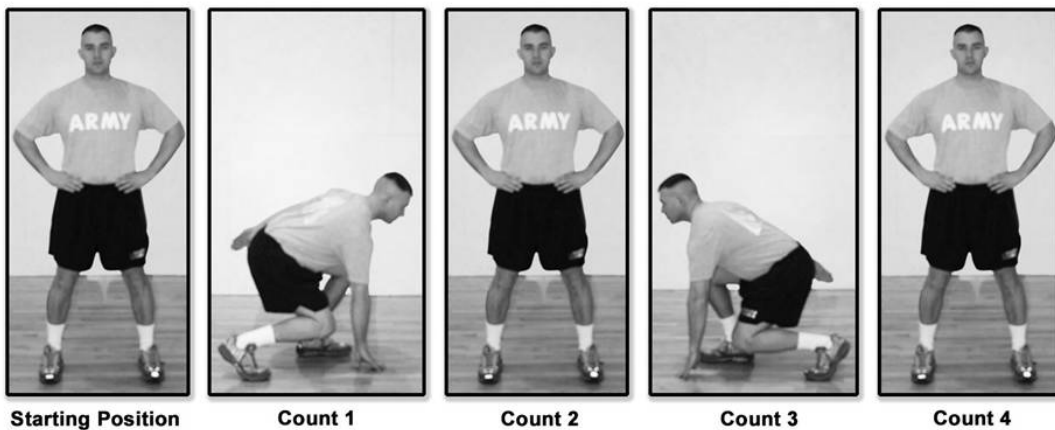
CHECK POINT 2: Kept the head in line with the spine throughout the exercise.

CHECK POINT 3: Down positions on counts 1 and 3 were similar to the forward lunge, but with the hand down.



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## Turn and Lunge



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### Exercise 1

#### Conditioning Drill 2, Exercise 1

- a. Assume the correct starting position: straddle stance with hands on hips.
- b. Count 1: Turn 90-degrees to the left, step with the left foot, and pivot on the ball of the right foot. Perform a forward lunge (facing the left) while reaching toward the ground with the right hand. The left arm swings rearward while the left hand reaches rearward at the left side of the body.
- c. Count 2: Stood up, rotated to the right, and returned to the starting position, stepping with the right foot and pivoting on the ball of the left foot.
- d. Count 3: Turn 90-degrees to the right, step with the right foot and pivot on the ball of the left foot. Perform a forward lunge (facing the right) while reaching toward the ground with the left hand. The right arm swings rearward while the right arm reaches rearward at the right side of the body.
- e. Count 4: Stand up, rotate to the left, and return to the starting position, step with the left foot and pivot on the ball of the right foot.
- f. Perform the Turn and Lunge using a SLOW cadence.

2. Exercise 2: Perform the Supine Bicycle IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: At the starting position ensure that the hands are on top of the head, not behind the neck.

CHECK POINT 2: Maintain tightness of the abdominals throughout the exercise.

PRECAUTION: On counts 1 and 3, do not jerk the neck or arch the back to assume the up position.



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## Supine Bicycle



Starting Position



Count 1



Count 2



Count 3



Count 4

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### Exercise 2

#### Conditioning Drill 2, Exercise 2

a. Assume the correct starting position: supine position with the fingers interlaced, hands on top of the head. Hips, knees, and ankles are flexed at 90 degrees and lower legs are parallel to the ground. The head is off the ground.

b. Count 1: Bring the left knee toward the chest while flexing and rotating the trunk to the left, attempt to touch the right elbow with the left thigh. As the left knee rises, the right leg extends.

c. Count 2: Return to the starting position.

d. Count 3: Bring the right knee toward the chest while flexing and rotating the trunk to the right, attempt to touch the left elbow with the right thigh. As the right knee rises, the left leg extends.

e. Count 4: Return to the starting position.

f. Perform the Supine Bicycle using a SLOW cadence.

3. Exercise 3: Perform the Half Jacks IAW FM 7-22, Chapter 9.

Note:

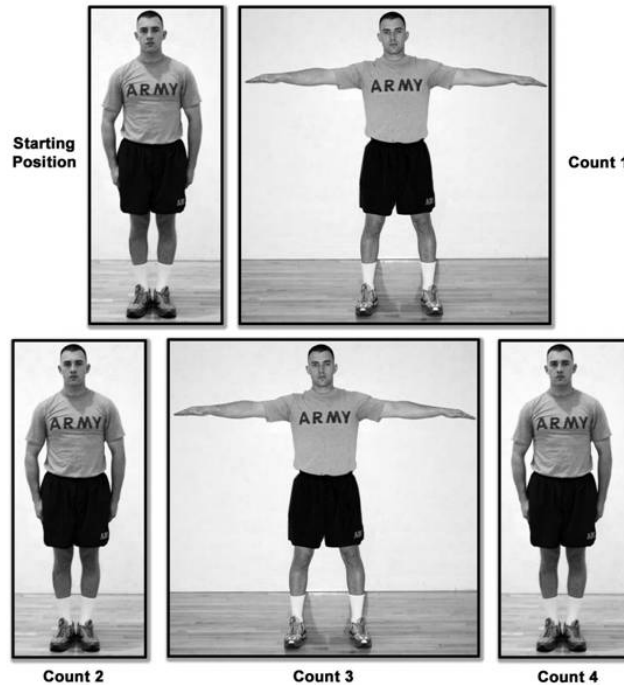
CHECK POINT 1: On each landing, the balls of the feet should touch first.

CHECK POINT 2: On counts 1 and 3, do not raise the arms above parallel to the ground.



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## Half Jack



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### Exercise 3

#### Conditioning Drill 2, Exercise 3

- a. Assume the correct starting position: position of attention.
  - b. Count 1: Jump and land with the feet shoulder-width apart and pointed straight ahead. The arms are sideward with palms facing down, thumbs and fingers extended and joined.
  - c. Count 2: Jump and return to the starting position.
  - d. Count 3: Repeat count 1.
  - e. Count 4: Repeat count 2, returning to the starting position.
  - f. Perform the Half Jacks using a MODERATE cadence.
4. Exercise 4: Perform the Swimmer IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: At the starting position and throughout the exercise, maintain tightness in the abdominal and hip muscles.

CHECK POINT 2: On counts 1 and 3, raise the head slightly and look upward.

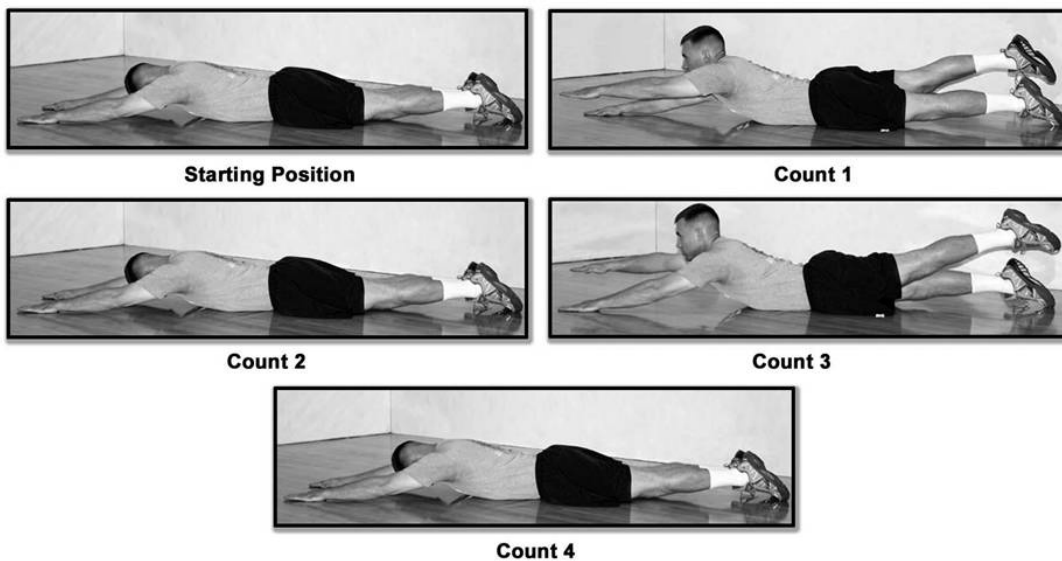
CHECK POINT 3: Keep the toes pointed throughout the exercise.

PRECAUTION: Do not move into counts 1 and 3 with a jerking motion.



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# Swimmer



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## Exercise 4

### Conditioning Drill 2, Exercise 4

- Assume the correct starting position: the prone position with the arms extended, palms facing down, and toes pointed to the rear.
- Count 1: Raise the left arm and right leg 4 to 6 inches off the ground while arching the back slightly and looking upward.
- Count 2: Return to the starting position.
- Count 3: Raise the right arm and left leg 4 to 6 inches off the ground, while arching the back slightly and looking upward.
- Count 4: Return to the starting position.
- Perform the Swimmer using a SLOW cadence.

5. Exercise 5: Perform the 8-Count Push-Up IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: To keep the trunk from sagging, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

CHECK POINT 2: On counts 1 through 7, the hands are directly below the shoulders with fingers spread and the middle fingers directed straight forward.

CHECK POINT 3: On counts 1 and 7, keep the heels together and raised.

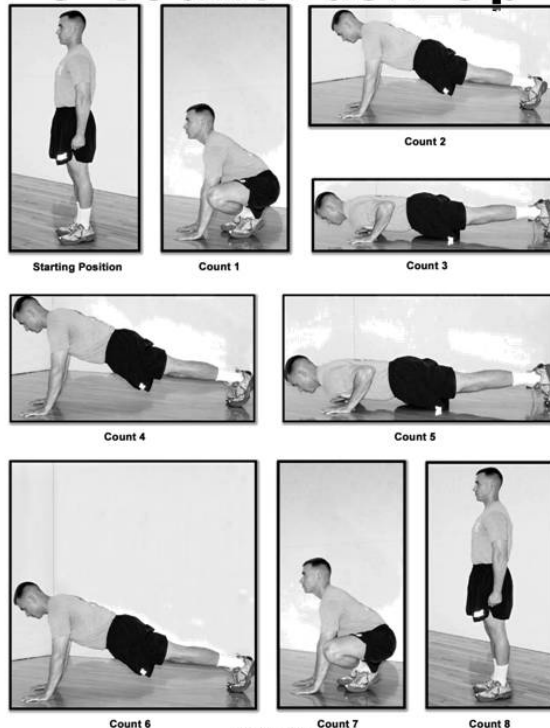
CHECK POINT 4: On counts 4 and 6, straighten but do not lock the elbows.

PRECAUTION: Allowing the trunk to sag, especially on count 2, strains the back. Avoid this by maintaining a strong abdominal contraction throughout the exercise. If the pushup cannot be performed on counts 2-6 correctly to cadence, quickly assume the 6-point stance before count 3 and return to the front leaning rest position just before performing count 7.



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## 8-Count Push-Up



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### Exercise 5

#### Conditioning Drill 2, Exercise 5

- Assume the correct starting position: position of attention.
- Count 1: Assume the squat position.
- Count 2: Thrust the legs backward to the front leaning rest position.
- Count 3: Bend the elbows, lowering the body until the upper arms are parallel with the ground. Elbows are pointed to the rear.
- Count 4: Return to the front leaning rest position.



- f. Count 5: Repeat count 3.
- g. Count 6: Repeat count 4.
- h. Count 7: Return to the squat position as in count 1.
- i. Count 8: Return to the starting position.
- j. Perform the 8-Count Push-Up using a MODERATE cadence.

(Asterisks indicates a leader performance step.)

**Evaluation Guidance:** Score the Soldier GO if all performance measures are passed (P). Score the Soldier NO GO if any performance measure is failed (F). If the Soldier scores NO GO, show the Soldier what was done wrong and how to do it correctly.

**Evaluation Preparation:** Any dry, level area of adequate size is satisfactory for the performance and evaluation of CD2. Soldiers should wear ACUs with boots or the IPFU. The uniform should be appropriate for the activity that will follow CD2. For example, when the activity is Climbing Drill 2 (CL2) or the Guerrilla Drill (GD), ACUs with boots will be worn.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Performed the Turn and Lunge.			
a. Assumed the correct starting position: straddle stance with hands on hips.			
b. Count 1: Turned 90-degrees to the left, stepping with the left foot, and pivoting on the ball of the right foot. Performed a forward lunge (facing the left) while reaching toward the ground with the right hand. The left arm swung rearward while the left hand reached rearward at the left side of the body.			
c. Count 2: Stood up, rotated to the right, and returned to the starting position, stepping with the right foot and pivoting on the ball of the left foot.			
d. Count 3: Turned 90-degrees to the right, stepping with the right foot and pivoting on the ball of the left foot. Performed a forward lunge (facing the right) while reaching toward the ground with the left hand. The right arm swung rearward while the right arm reached rearward at the right side of the body.			
e. Count 4: Stood up, rotated to the left, and returned to the starting position, stepping with the left foot and pivoting on the ball of the right foot.			
f. Performed the Turn and Lunge using a SLOW cadence.			
2. Performed the Supine Bicycle.			
a. Assumed the correct starting position: supine position with the fingers interlaced, hands on top of the head. Hips, knees, and ankles are flexed at 90 degrees and lower legs are parallel to the ground. The head is off the ground.			
b. Count 1: Brought the left knee toward the chest while flexing and rotating the trunk to the left, attempting to touch the right elbow with the left thigh. As the left knee rose, the right leg extended.			
c. Count 2: Returned to the starting position.			
d. Count 3: Brought the right knee toward the chest while flexing and rotating the trunk to the right, attempting to touch the left elbow with the right thigh. As the right knee rose, the left leg extended.			
e. Count 4: Returned to the starting position.			
f. Performed the Supine Bicycle using a SLOW cadence.			
3. Performed the Half Jacks.			
a. Assumed the correct starting position: position of attention.			
b. Count 1: Jumped and landed with the feet shoulder-width apart and pointed straight ahead. The arms were sideward with palms facing down, thumbs and fingers extended and joined.			
c. Count 2: Jumped and returned to the starting position.			
d. Count 3: Repeated count 1.			
e. Count 4: Repeated count 2, returning to the starting position.			
f. Performed the Half Jacks using a MODERATE cadence.			
4. Performed the Swimmer.			
a. Assumed the correct starting position: the prone position with the arms extended, palms facing down, and toes pointed to the rear.			
b. Count 1: Raised the left arm and right leg 4 to 6 inches off the ground while arching the back slightly and looking upward.			
c. Count 2: Returned to the starting position.			
d. Count 3: Raised the right arm and left leg 4 to 6 inches off the ground, while arching the back slightly and looking upward.			
e. Count 4: Returned to the starting position.			
f. Performed the Swimmer using a SLOW cadence.			
5. Performed the 8-Count Push-Up.			
a. Assumed the correct starting position: position of attention.			
b. Count 1: Assumed the squat position.			
c. Count 2: Thrusted the legs backward to the front leaning rest position.			
d. Count 3: Bent the elbows, lowering the body until the upper arms are parallel with the ground. Elbows were pointed to the rear.			
e. Count 4: Returned to the front leaning rest position.			

f. Count 5: Repeated count 3.			
g. Count 6: Repeated count 4.			
h. Count 7: Returned to the squat position as in count 1.			
i. Count 8: Returned to the starting position.			
j. Performed the 8-Count Push-Up using a MODERATE cadence.			

#### Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary
	FM 7-22	Army Physical Readiness Training (Change 001 05/03/2013 8 Pages	Yes	Yes

**Environment:** Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT. Individuals instructing this task must ensure they are familiar with FM 7-22, Appendix D, pages D-1 thru D-5, Environmental Considerations prior to training this task.

**Safety:** In a training environment, leaders must perform a risk assessment in accordance with ATP 5-19, Risk Management. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, Multiservice Tactics, Techniques, and Procedures for Nuclear, Biological, and Chemical (NBC) Protection, FM 3-11.5, Multiservice Tactics, Techniques, and Procedures for Chemical, Biological, Radiological, and Nuclear Decontamination. Safety is a major consideration when planning and evaluating PRT programs. Commanders should use the composite risk management process for all PRT activities to ensure they do not place their Soldiers at undue risk for injury or accident. The commander should address:

- Environmental conditions
- Emergency procedures
- Facilities
- Differences in age
- Gender
- Level of conditioning of each Soldier in the unit
- Equipment condition (if required)

Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, NBC Protection, FM 3-11.5, CBRN Decontamination.

#### Prerequisite Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1103	Perform Four for the Core (4C)	805P - Physical Readiness (Individual)	Reviewed

#### Supporting Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1114	Perform Climbing Drill 1 (CL1)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Reviewed

#### Supported Individual Tasks :

<b>Task Number</b>	<b>Title</b>	<b>Proponent</b>	<b>Status</b>
805P-COM-1116	Perform the Guerrilla Drill (GD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1105	Perform the Shoulder Stability Drill (SSD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1106	Perform the Strength Training Circuit (STC)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1107	Perform the Push-Up and Sit-Up Drill (PSD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1103	Perform Four for the Core (4C)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1111	Perform Conditioning Drill 3 (CD3)	805P - Physical Readiness (Individual)	Approved

**Supported Collective Tasks :** None